

**Statistics Report 09147, Jujube, Chinese, fresh, dried**
**Report Date: June 30, 2017 11:46 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a>	g	20.19	5	0.900	17.38	22.52	4.0	17.693	22.691	1	Analytical or derived from analytical	--	07/2015
Energy	kcal	281	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Energy	kJ	1176	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Protein <a href="#">1</a>	g	4.72	5	0.303	3.92	5.42	4.0	3.876	5.561	1	Analytical or derived from analytical	--	07/2015
Total lipid (fat) <a href="#">1</a>	g	0.50	5	0.092	0.3	0.81	4.0	0.243	0.754	1	Analytical or derived from analytical	--	07/2015
Ash <a href="#">1</a>	g	2.08	5	0.095	1.83	2.38	4.0	1.812	2.339	1	Analytical or derived from analytical	--	07/2015
Carbohydrate, by difference	g	72.52	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Fiber, total dietary <a href="#">1</a>	g	6.0	5	0.458	4.7	7.2	4.0	4.691	7.233	1	Analytical or derived from analytical	--	07/2015
Sucrose <a href="#">1</a>	g	8.63	5	2.297	0.17	13.73	4.0	2.256	15.012	1	Analytical or derived from analytical	--	07/2015

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Glucose (dextrose) <a href="#">1</a>	g	18.28	5	1.180	15.47	21.07	4.0	15.007	21.558	1	Analytical or derived from analytical	--	07/2015
Fructose <a href="#">1</a>	g	20.62	5	3.813	14.7	35.44	4.0	10.032	31.203	1	Analytical or derived from analytical	--	07/2015
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	63	5	9.335	38	93	4.0	37.101	88.938	1	Analytical or derived from analytical	--	07/2015
Iron, Fe <a href="#">1</a>	mg	5.09	5	0.411	3.79	6.23	4.0	3.951	6.233	1	Analytical or derived from analytical	--	07/2015
Phosphorus, P <a href="#">1</a>	mg	68	5	7.812	47	89	4.0	46.372	89.753	1	Analytical or derived from analytical	--	07/2015
Potassium, K <a href="#">1</a>	mg	217	5	53.463	64	362	4.0	68.274	365.149	1	Analytical or derived from analytical	--	07/2015
Sodium, Na <a href="#">1</a>	mg	5	5	0.590	2	6	4.0	3.057	6.334	1	Analytical or derived from analytical	--	07/2015
Zinc, Zn <a href="#">1</a>	mg	0.39	5	0.040	0.27	0.5	4.0	0.275	0.498	1	Analytical or derived from analytical	--	07/2015
Copper, Cu <a href="#">1</a>	mg	0.233	5	0.033	0.15	0.35	4.0	0.142	0.323	1	Analytical or derived from analytical	--	07/2015
Manganese, Mn <a href="#">1</a>	mg	31.067	5	3.678	19.41	42.3	4.0	20.854	41.28	1	Analytical or derived from analytical	--	07/2015

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Selenium, Se <sup>1</sup>	µg	0.0	5	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <sup>1</sup>	mg	217.6	5	25.638	151.7	290.8	4.0	146.398	288.762	1	Analytical or derived from analytical	--	07/2015
Thiamin <sup>1</sup>	mg	0.047	5	0.007	0.03	0.07	4.0	0.026	0.067	1	Analytical or derived from analytical	--	07/2015
Riboflavin <sup>1</sup>	mg	0.053	5	0.006	0.04	0.07	4.0	0.036	0.069	1	Analytical or derived from analytical	--	07/2015
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
<b>Lipids</b>													
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982

**Sources of Data**

<sup>1</sup>Jin-Wei Li, Liu-Ping Fan, Shao-Dong Ding, Xiao-Lin Ding **Nutritional composition of five cultivars of chinese jujube**, 2007 Food Chemistry 103 2 pp.454-460